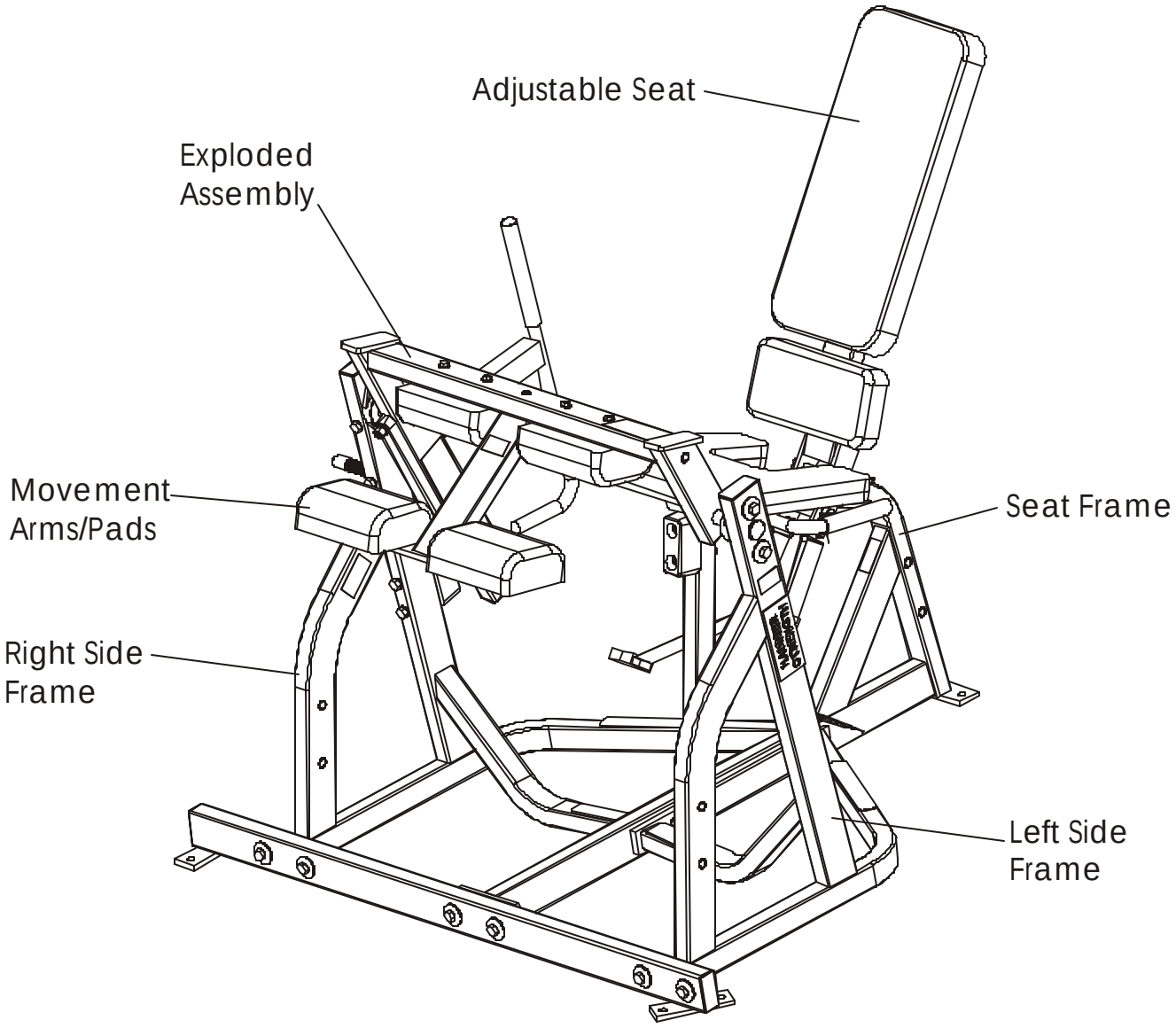
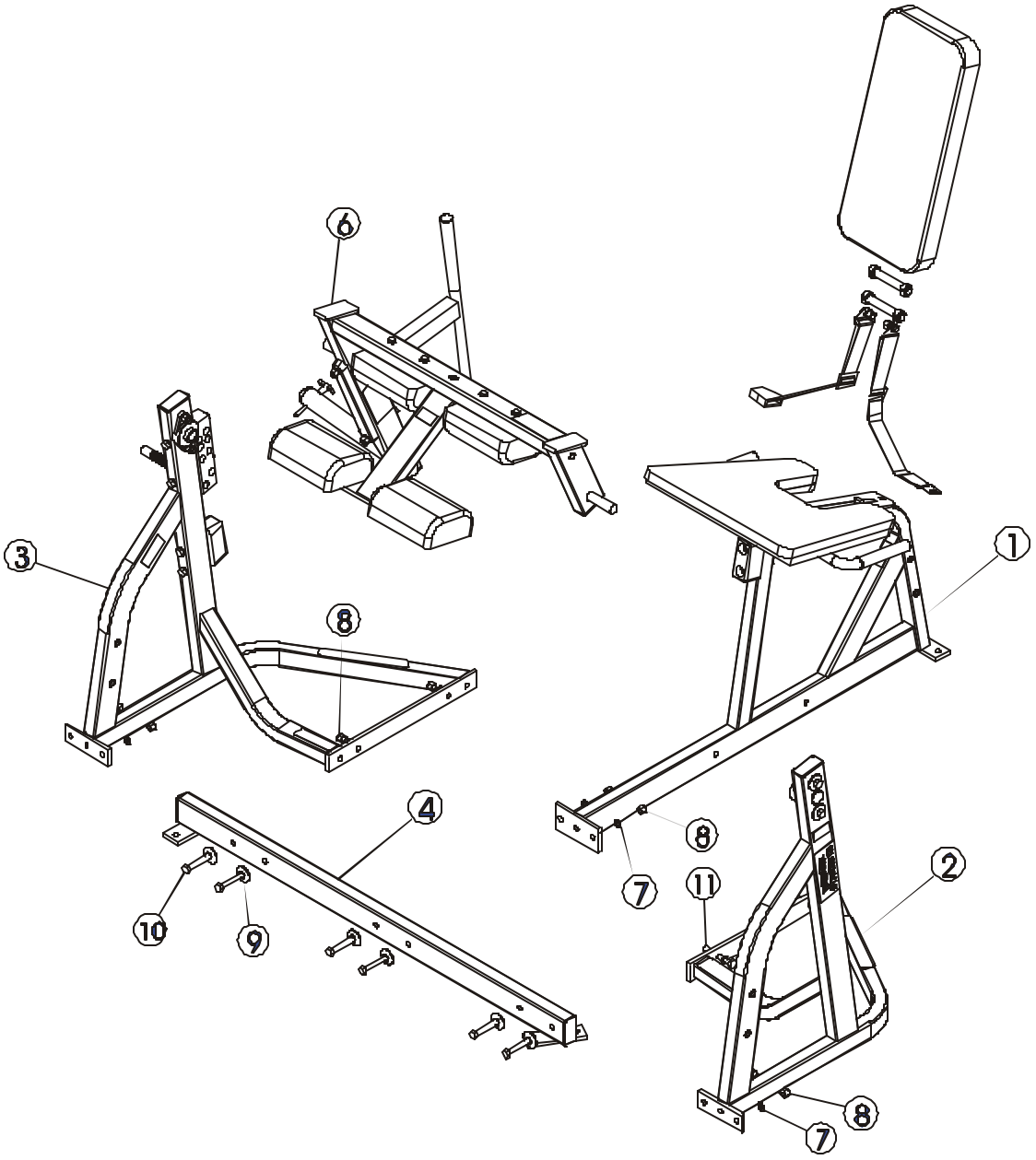
HAMMER STRENGTH EQUIPMENT
PLSLC - Plate Loaded Seated Leg Curl Rev. C

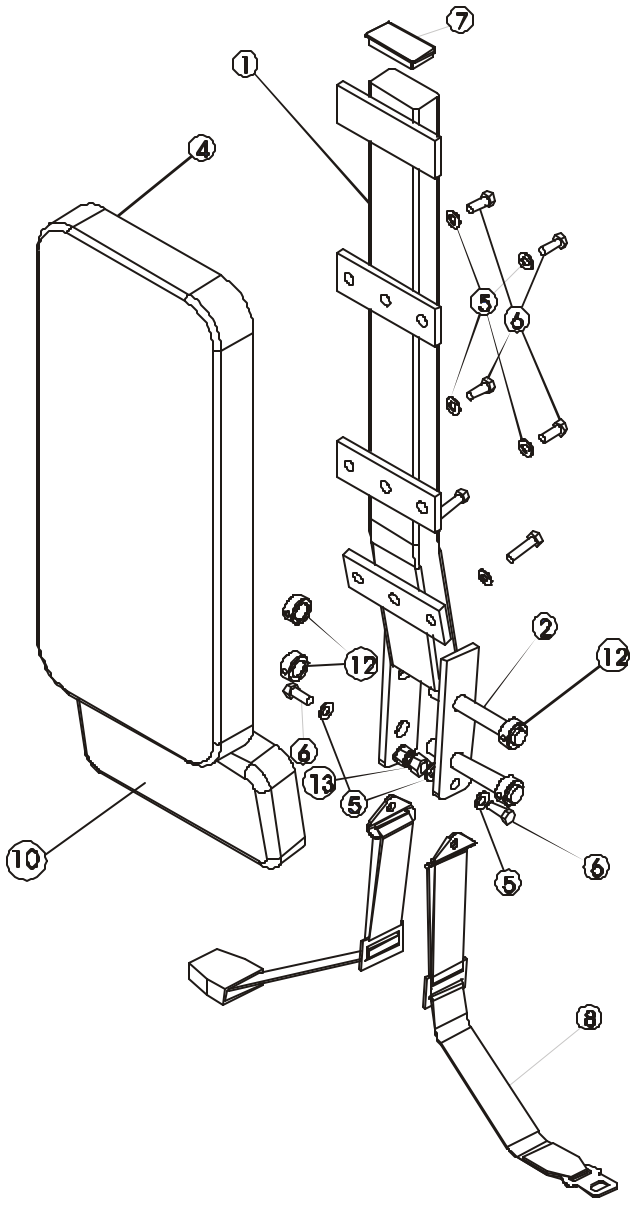


HAMMER STRENGTH EQUIPMENT
PLSLC - Exploded Assembly



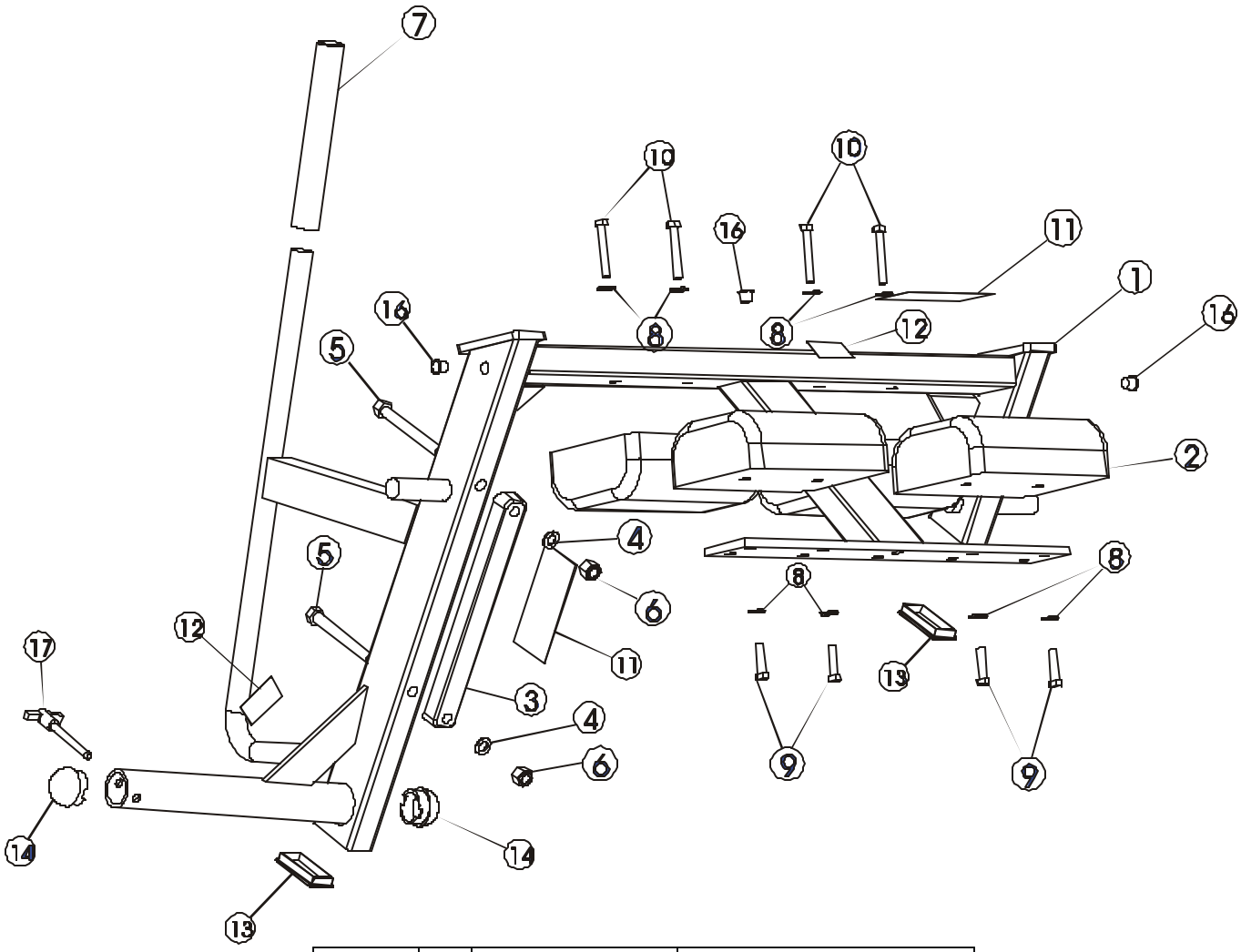
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLSLC-CST-0	Seat Frame Assembly
2	1	PLSLC-CSFL-0	Left Side Frame Assembly
3	1	PLSLC-CSFR-0	Right Side Frame Assembly
4	1	PLSLC-CFX-0	Front Frame Assembly
6	1	PLSLC-CMA-0	Movement Arm Assembly
7	10	WASH.5STAR	1/2" Internal Lock Washer
8	8	NUT.5LOCK	1/2" Thick Lock Nut
9	6	H-BACK-WASH	Backing Washer
10	6	HHB.5X3	1/2 X 3 Bolt
11	2	HHB.5X3.5	1/2 X 3 1/2 Bolt

HAMMER STRENGTH EQUIPMENT
PLSLC - Adjustable Seat



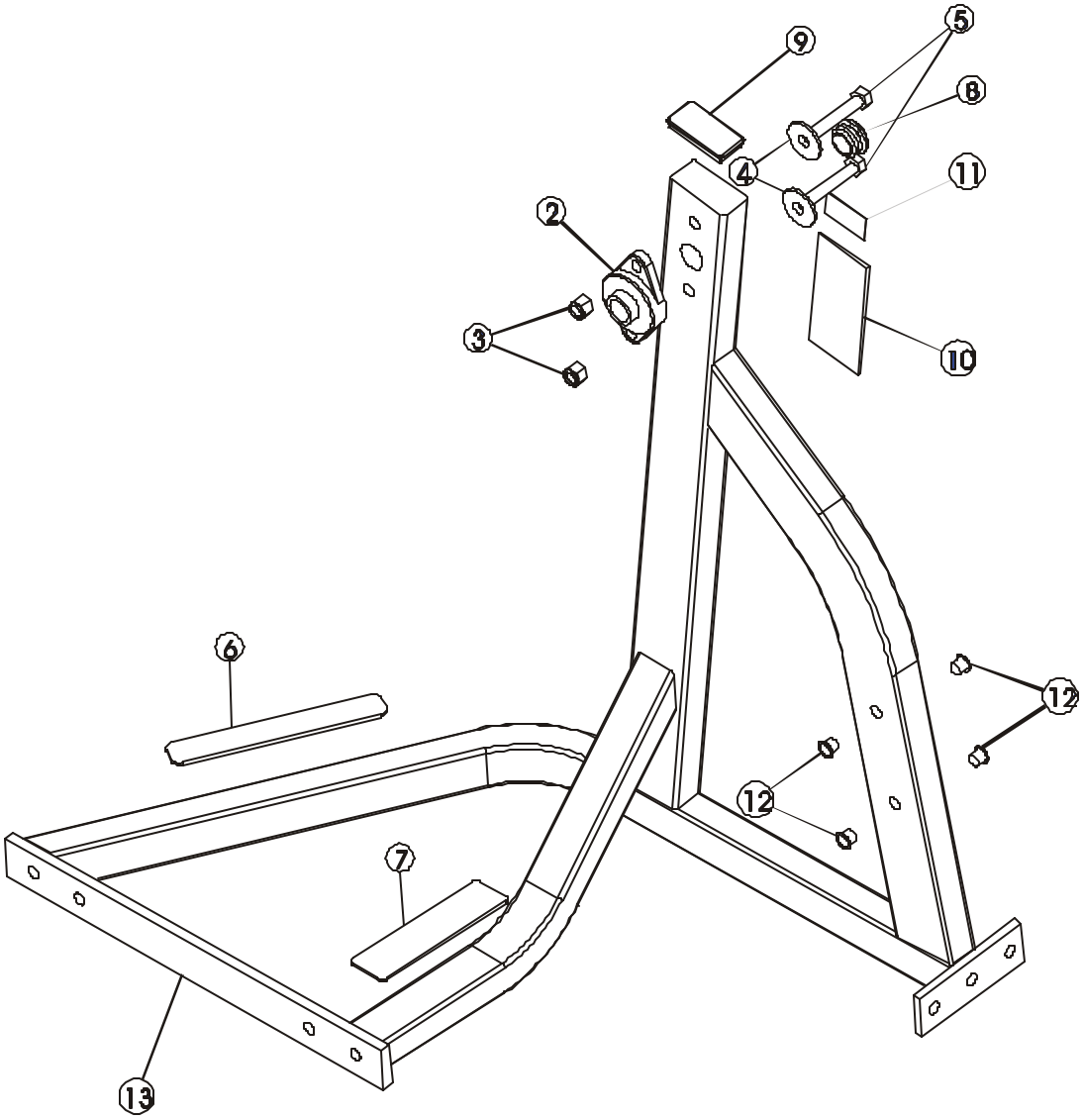
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLSLC-AJST-1	Adjustable Seat
2	2	STshft	Seat Shaft
4	1	U24-10	Standard 24" Pad
5	10	WASH.375SAE	3/8" SAE Flat Washer
6	6	HHB.375X1	3/8 X 1 Bolt
7	1	H-PEND3	1 1/2 X 3 End Cap
8	1	SEATBELT-ASSEM	Seatbelt, Complete
10	1	U12-4.5 S-NC	12" Rectangular Pad
11	2	HHB.375X1.5	3/8 X 1 1/2 Bolt
12	4	H-LCOLLAR75	3/4" Lock Collar
13	2	NUT.5LOCK	1/2" Thick Lock Nut

HAMMER STRENGTH EQUIPMENT
PLSLC - Movement Arm/Pads



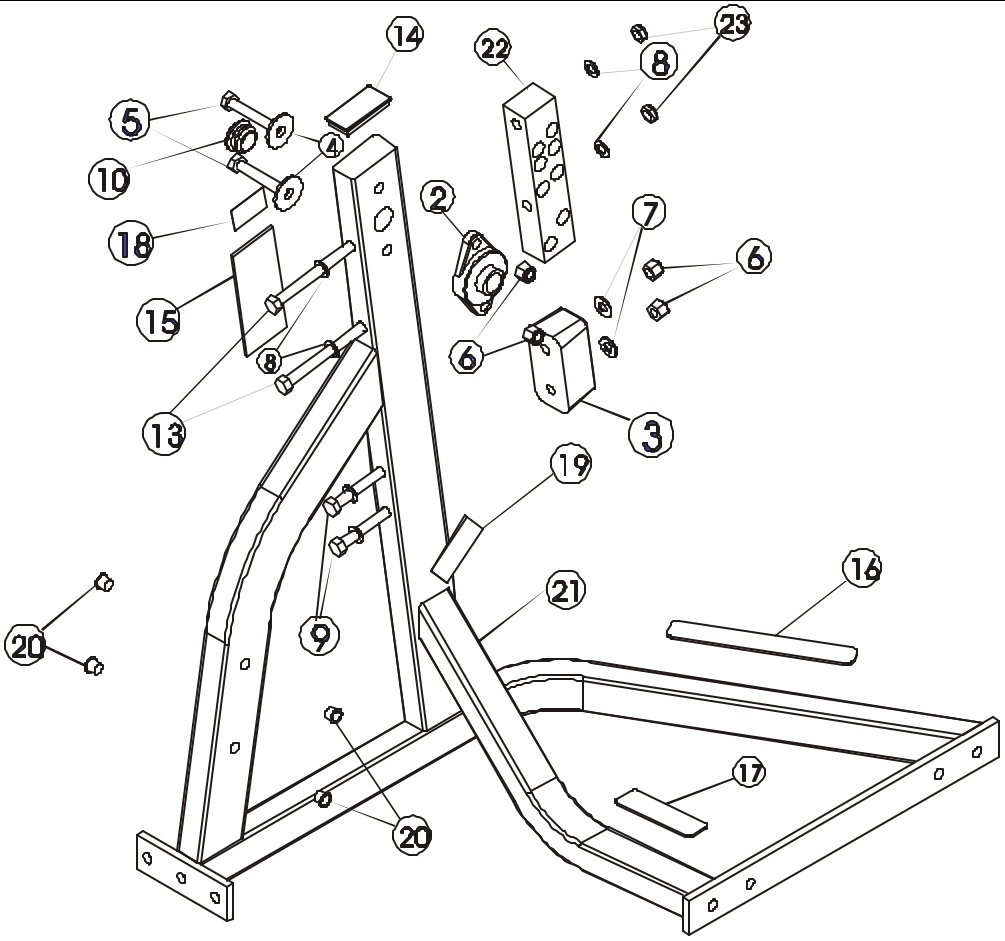
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLSLC-MA-0	Movement Arm
2	4	U8-4.5	Standard 8" Pad
3	1	H-STR-BUMP	MM4-12
4	4	WASH.5STAR	1/2" Internal Lock Washer
5	2	HHB.5X4.5	1/2 X 4 1/2 Bolt
6	2	NUT.5LOCK	1/2" Thick Lock Nut
7	1	H-GRIP(SLC-C2)	HandGrip
8	8	WASH.375SAE	3/8" SAE Flat Washer
9	4	HHB.375X1.5	3/8 X 1 1/2 Bolt
10	4	HHB.375X2.5	3/8 X 2 1/2 Bolt
11	2	WARNING LARGE-V	Large Warning
12	2	STAY CLEAR	Stay Clear Decal
13	2	H-PEND3	1 1/2 X 3 End Cap
14	2	H-BENDCAP	Bullet Cap
16	3	H-HPLUG	9/16" Hole Plug
17	1	SELECTORPIN-4	Selector Pin

HAMMER STRENGTH EQUIPMENT
PLSLC - Left Side Frame



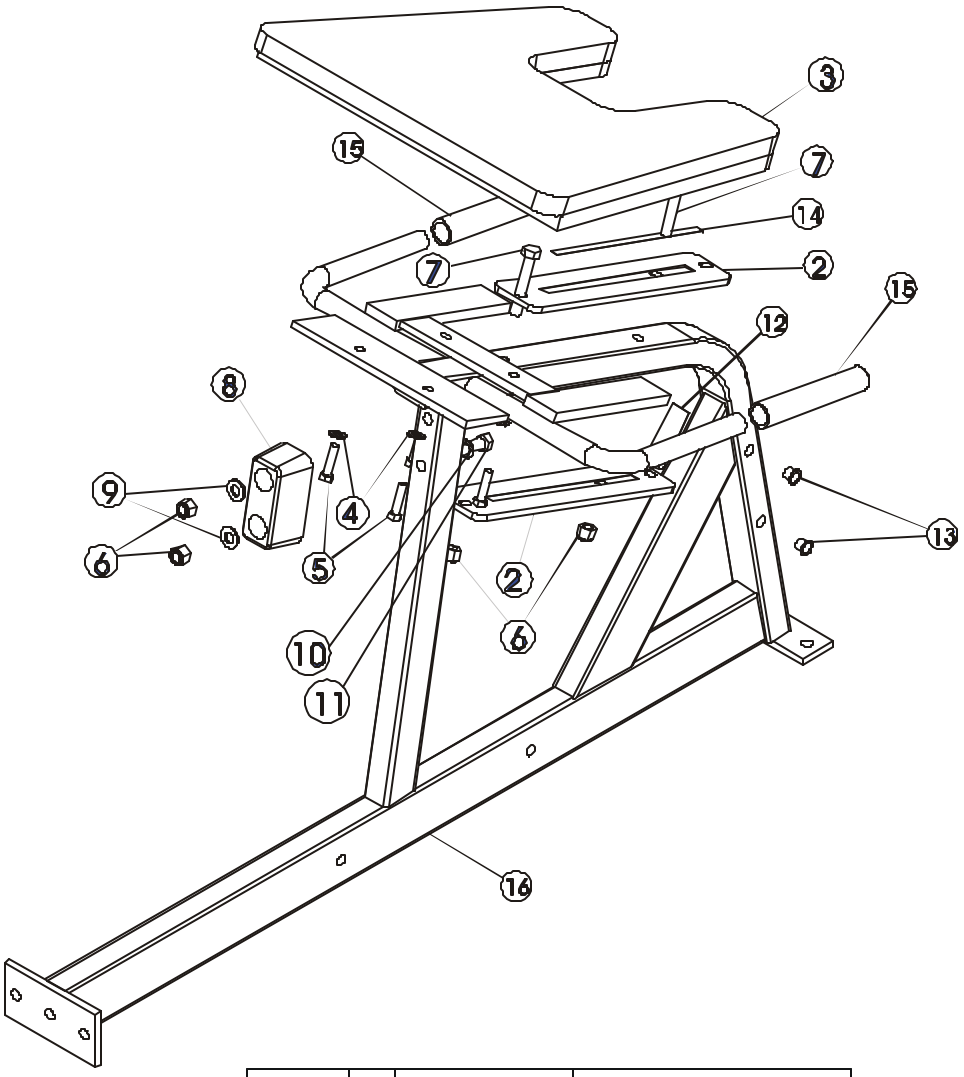
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	H-BEAR-SML	Small Bearing
3	2	NUT.5LOCK	1/2" Thick Lock Nut
4	2	H-BACK-WASH	Backing Washer
5	2	HHB.5X3	1/2 X 3 Bolt
6	1	H-NONSKID1	1 1/4 X 9 Nonskid
7	1	H-PLATE-G2	Medium Plate Guard
8	1	H-LOCK-PLUG(SMALL)	9/16" Hole Plug
9	1	H-PEND3	1 1/2 X 3 End Cap
10	1	H-NAMEPLATE	Name Plate
11	1	STAY CLEAR	Stay Clear Decal
12	4	H-HPLUG	9/16" Hole Plug
13	1	PLSLC-SFL-0	Left Side Frame

HAMMER STRENGTH EQUIPMENT
PLSLC - Right Side Frame



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	H-BEAR-SML	Small Bearing
3	1	H-BUMP-MED	MM2 Medium
4	2	H-BACK-WASH	Backing Washer
5	2	HHB.5X3	1/2 X 3 Bolt
6	4	NUT.5LOCK	1/2" Thick Lock Nut
7	2	WASH.5SAE	1/2" SAE Flat Washer
8	6	WASH.5STAR	1/2" Internal Lock Washer
9	2	HHB.5X4.5	1/2 X 4 1/2 Bolt
10	1	H-LOCK-PLUG(SMALL)	9/16" Hole Plug
13	2	HHB.5X5.5	1/2 X 5 1/2 Bolt
14	1	H-PEND3	1 1/2 X 3 End Cap
15	1	H-NAMEPLATE	Name Plate
16	1	H-NONSKID1	1 1/4 X 9 Nonskid
17	1	H-PLATE-G1	Small Plate Guard
18	1	STAY CLEAR	Stay Clear Decal
19	1	PATENT	Patent Decal
20	4	H-HPLUG	9/16" Hole Plug
21	1	PLSLC-SFR-0	Right Side Frame
22	1	PLSLC-19-0	Range Adjuster
23	2	NUT.5JAMFINE	1/2" Jam Nut Fine

HAMMER STRENGTH EQUIPMENT
PLSLC - Seat Frame



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	H-SEATRCKS	Seatrack Front
3	1	U-SLC	
4	4	WASH.375SAE	3/8" SAE Flat Washer
5	4	HHB.375X1.5	3/8 X 1 1/2 Bolt
6	4	NUT.5LOCK	1/2" Thick Lock Nut
7	2	HHB.5X3	1/2 X 3 Bolt
8	1	H-BUMP-MED	MM2 Medium
9	2	WASH.5SAE	1/2" SAE Flat Washer
10	2	WASH.5STAR	1/2" Internal Lock Washer
11	2	HHB.5X3.5	1/2 X 3 1/2 Bolt
12	1	SERIAL NUMBER	Serial Number
13	4	H-HPLUG	9/16" Hole Plug
14	1	SEAT NUMBER	Seat Adj. Number
15	2	H-GRIP(SLC-C1)	HandGrip
16	1	PLSLC-ST-0	Seat Frame